

**No 8**  
**12 MARCH**  
**2015**

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# Unity College Weekly Newsletter

Download the following documents from our website:

Term plan Term 1  
School Calendar 2015 (UPDATED)

## Upcoming Events

### Unity Sports Day

Saturday 14 March at 08:30

### Annual General Meeting

Monday 16 March at 18:00

### School Closes

Wednesday 25 March at 12:00

Please diarise these events

<http://unity-college.org.za/events/2015-03/>

## Unity AGM

The Chairman of the Unity Board invites all parents and interested parties to our Annual General Meeting

**On Monday 16 March 2015**

Cocktails at 18h00  
(in Vicky Lamb's classroom (old J1 class) near the hall)

AGM starts at 19h00  
to be held in the school hall

Children are welcome and will be supervised in the junior m classroom which is accessed through the hall.

Please make every effort to attend this important and informative evening

We look forward to sharing this evening with you

To download the Agenda & Minutes follow the link <http://unity-college.org.za/event/agm-2015/>

## Unity Sports Day

**Saturday 14 March at 08:30**

This is a compulsory event for Unity children. Please ensure your child is at school by 08h30 dressed in his/her sports clothes with house sports shirt.

Children are to stay in their houses at all times.

There will be an Easter Raffle at R10 per ticket.

Gourmet refreshments will be sold by the PTA. Click on the read more to see full details.

## Share our excitement!!

Please join us after Sports day for a visit to the new school property | [Map](#)



[Read more...](#)

@unitycolletejhb  
#sport2015

## Intermediate Cake and Candy

On Friday 13 March, our Intermediates will be hosting their Cake and Candy. They will be selling delicious Vetkoek with mince /cheese or vetkoek with cheese only together with an ice lolly for R20.00. Please support them.

### DISCLAIMER:

Any advertisement placed in this newsletter is done as a service to the community Unity serves. This should not be viewed as an endorsement or recommendation of any product or service advertised.

## Time Out for Parents

### Time out - What's that?

Oak Haven Respite and Day Care Facility are giving away a 2 night stay, to a family with a child who has special needs. Every month Kerry and her Team would like to offer the best of care to a child with Special needs and give the family a weekend off.

To enter this give away, please email Kerry (kerry@little-gems.co.za) the following info: Child's Name, age and condition. The first monthly draw will take place on the 13th of March 2015 and Kerry will notify you personally if you are the lucky winner! Only available to those in Gauteng.

Stay up-to-date with whats on offer at Oak Haven and follow them on Facebook.  
[www.little-gems.co.za](http://www.little-gems.co.za)



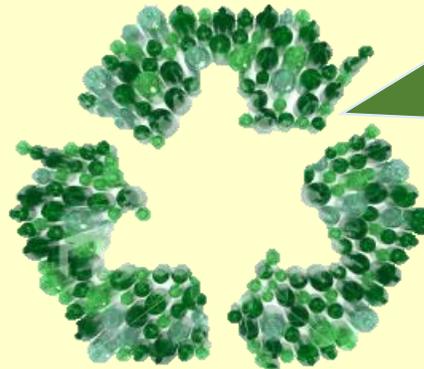
## Birthday Girl - Nicola Walker



### Competition !!!

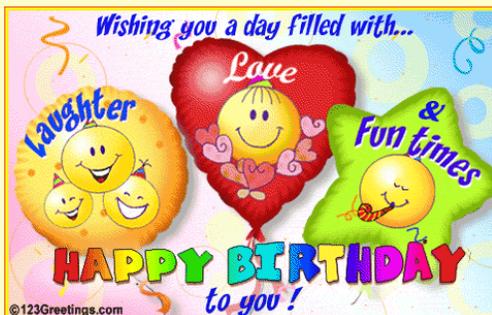
Unity needs all your support. Please help us by collecting used glass and dropping it at Unity in our recycle bin. We need to collect more used glass than the other schools in our province.

[Read more...](#)



Remember to drop your empty glass bottles or jars into the bin at Unity.

## Birthday wishes - March



|                   |          |
|-------------------|----------|
| Dino De Abreu     | 3 March  |
| Nicola Walker     | 9 March  |
| Chisomno Chilonga | 10 March |
| Ntshembo Shivuri  | 13 March |
| Pablo Lucini      | 16 March |
| Valentia Ngwenya  | 17 March |
| Lawrence Mphuthi  | 18 March |
| Kgopisha Kekana   | 27 March |



## Talk at Unity 20 March 2015

We are delighted to INVITE YOU to an informative talk by Clinical Psychologist Jeanine Lamusse who graduated Cum Laude at the University of Johannesburg when she completed her masters in Clinical Psychology.

[Read more...](#)

## Note from Business Manager re Unity Buses

Only registered Unity bus pupils are allowed to use the Unity Bus Service.

Please note that no friend of your child who is not a registered bus user will be allowed on the bus. Private transport arrangements will need to be made by yourself.

## Unity's New School | Progress

Please feel free to pop in to our new school premises in Runnymede Avenue, Chartwell.

Mr. Botha is permanently stationed there and invites all parents to visit and have a personalised tour of the facilities. Call him on 082 801 1918 or (011) 460 0017.

[Read more...](#)

## Music Appreciation Lessons

If you're wishing to develop your child's love for music, whether it be expanding their music reading ability, teaching them the skills to play their favourite songs on the piano or purely introducing them to the instrument...

With Teacher Tracey's dad!

- 🎵 Piano lessons specific to your child's abilities
- 🎵 Therapeutic expansion



Contact Clive Holliman  
082 848 5605 | [clive@cshprojects.co.za](mailto:clive@cshprojects.co.za)

## Aftercare

Aftercare is open daily throughout the term from 13:30 / 14:00 / 15:00 until 17:30.

### FEES:

Regular - R1000.00 per month  
Casual - R 100.00 per day

Please contact Hazel on 083 755 5968 should you require further information.

## Unity School Caps

The wearing of these caps is compulsory. The caps will be kept at school in your child's register class. The caps have arrived! Hurry to order your cap with Debbie at the office. Payment of R55.00 will secure your order.

An advertisement for MySchool Holidays. At the top, it says "MySchool MyVillage MyPlanet" with a rainbow logo. Below that, it says "MySchool Holidays" with a larger rainbow logo. The main text says "Get a MySchool Card now &gt;" and "Only takes one minute". Below this, there are two smaller images: one showing a "Partner store locator &gt;" with a map and location pins, and another showing "THE SOUTH AFRICAN ECO FILM FESTIVAL" with dates "26 MARCH - 2 APRIL 2015" and the MySchool logo.

## Unity is supporting National Water Week

Unity joins Woolworths and MySchool in celebrating National Water Week and World Water Day.

We can all take action to save and protect water in South Africa. Everyone can make a difference - and we could win 1 of 4 fully installed rainwater tanks (10 000 litres) for our NEW school and 1 of 4 R500 Woolworths giftcards for the winning drawing entry.

[Read more...](#)

## Kids News Website

Kids News is a portal site for South African parents, teachers, therapists and others involved with children.

Our website and newsletters will help to keep you up to date on events and workshops - educational and recreational - as well as holiday camps and entertainment, products and services for children, and other ideas to help you in your role as parent.

Register for the newsletter in your area (see left menu) and we will keep you informed. We don't share your email, and you may adjust your subscription

[Read more...](#)

## Extra-murals swimming

On MONDAY 16/03/15 the JUNIOR RED BISHOPS will be swimming.

On WEDNESDAY 18/03/15 the INTERMEDIATE RED BISHOPS will be swimming.  
Remember to bring swimming costumes, towels and sunblock on these days.

## OT Department Request

The OT Department is looking for corduroy/denim jackets that are perhaps too small for your child which will be used to make weighted jackets.  
Please telephone Adri on 083 449 2957

## Tuck shop

On 18 March, the tuck shop will be selling Hot Dogs for R15.00



## Unity Value | Honesty

**WRONG**  
is **WRONG**,  
even if *everyone*  
is doing it.

**RIGHT**  
is **RIGHT**,  
even if *no one*  
is doing it.



## From the Principal's Pen

Maybe you started out the school year on the right foot. All those discussions with about your kids getting organised, laying their clothes out the night before, getting out of bed on time, eating their breakfast, getting through the morning without arguments—you really thought you got through to them.

And maybe things went relatively smoothly—for the first few days. But here we are, near the end of the third month back at school, and all those old behaviours are back. Your child might have even added some new annoying behaviours to the mix!

The key to a successful morning routine is to know exactly what needs to be done and in what order. Specific tasks and clear systems help everyone stay on track with minimal discussion.

Signs your morning routine isn't working:  
You're starting to resent how much time it takes to pry your child out of bed every day. It's not even 7 am, and you've already had six arguments.

You find yourself scrambling to help your child with a school problem they "forgot" to do last night, even though you asked several times about their homework. (Last night, they didn't have any homework.) There's so much eye-rolling, heaving, sighing, and dragging of feet in your morning routine, you'd think it was a sitcom not your actual life.

Look, the morning routine is tough on a lot of families. If you're struggling with this, you are not alone. At school we hear this every day from parents just like you. Morning wrestling matches—arguments, battles of will, power struggles—happen for every family. The good news is you can turn your mornings around. And although your kids probably won't thank you for it, everyone will benefit.

Here are some practical tips to help mornings go a little more smoothly for everyone.

Discuss your morning routine or place timetables in their room.

Choose one or two behaviours at a time.

To see real changes, be specific.

Coach your child, then step out of the picture:

Let the school enforce consequences.

No matter what happens, step away from the arguments.

[Read the full article on our website](#)

[Read more...](#)

Till next week ~ **Bruce Lindsay** ~